



ZOOMING IN
ON ZUMBA
FUSION DANCE A
GOOD WORKOUT {page 17}



KANYE
SINGER TWEETS
MTV REMORSE
SCENE {page 10}



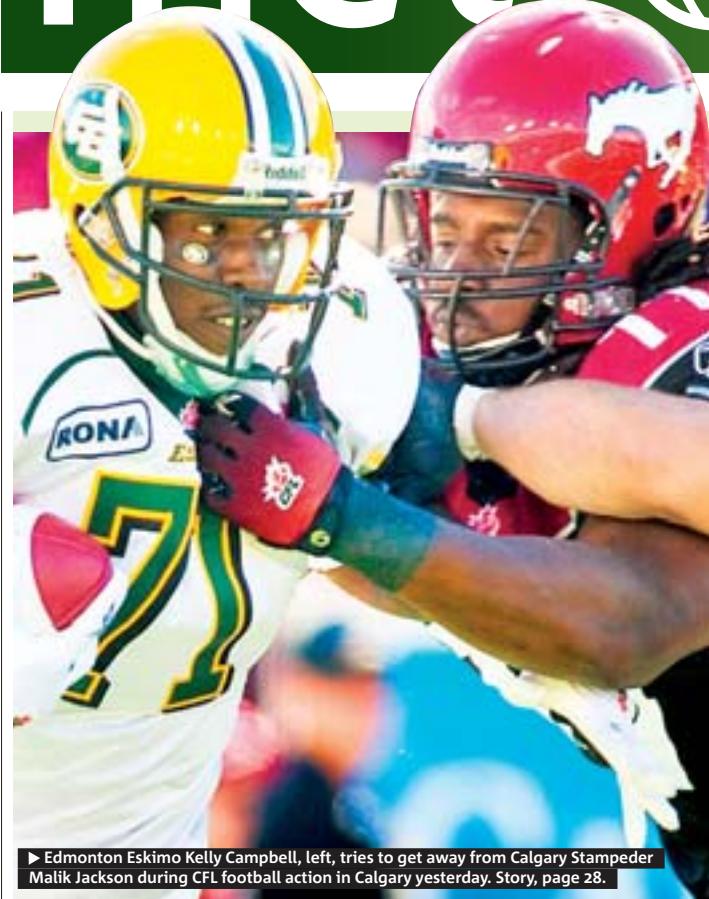
EDMONTON

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Tuesday, September 7, 2010
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► Edmonton Eskimo Kelly Campbell, left, tries to get away from Calgary Stampeders Malik Jackson during CFL football action in Calgary yesterday. Story, page 28.

JEFF MCINTOSH/THE CANADIAN PRESS

Hard Labour Day for Eskimos

Calgary's Romby Bryant caught a pair of touchdown passes as the Calgary Stampeders trounced the now 2-7 Edmonton Eskimos 52-5 on Labour Day.

Edmonton goes country

Young musician plays co-host at upcoming CCMAs {page 2}

Stay positive on campus

Tips on how to make heading back to school fun {pages 22-27}

Car linked to slaying recovered

► Police believe BMW fled fatal weekend shooting
► Numerous occupants of house questioned following search warrant

 HARRY HODGE
@METRONEWS.CA

Edmonton police revealed yesterday that they had located what's believed to be the vehicle that fled the scene of a fatal weekend shooting on Saddleback Road.

A search warrant was executed at a north side residence, not far from where the vehicle was located and seized early yesterday morning.

Several occupants within the residence were being interviewed by police, but no charges had been laid as of press time.

The incident happened on Saturday on the 300 block of Saddleback Road where a 23-year-old victim identified as Edmonton resident Jesse Lee James was shot dead in the parking lot.

Police were called by residents who heard gunfire at around 3 p.m. When officers arrived, they found the young man

Information

Police are looking for the public's help in this case.

► Phone number Police ask anyone with information about the shooting or the vehicle to contact EPS at 780-423-4567.
► Contact Also, anonymous information can be submitted through Crime Stoppers at 1800-222-8477 (TIPS) or online at www.tipsubmit.com

dead on the scene.

The shooting is not suspected to be a random act of violence and the victim is known to police.

Suspects were believed to have fled in a 1991-1993 white four-door BMW with tinted windows and minor passenger-side damage.

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Allan Small wonders if it's time to worry about a new market bubble. More at metronews.ca/investing

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No sign of elderly B.C. woman, say RCMP

Mounties in two provinces searching for an 81-year-old woman missing since Thursday say she may have driven off the road.

May Milling, from Gibsons, B.C., vanished somewhere along her drive to visit a friend in Kamloops from Jasper, Alta.

Police began a search when she didn't arrive at her destination, flying a

"It's very upsetting the car hasn't been sighted."

DOROTHY ASUMA, HOUSEMATE

helicopter over roadways between Kamloops and Valemont on Saturday. They say thick brush at the roadside impeded the search.

Staff Sgt. Quentin Smith

say RCMP have also checked bank accounts and contacted all her known associates, but haven't turned up any new leads.

Milling was driving a 2009 Blue Buick Lucerne four-door sedan with B.C. licence plate 147 LHF. Police are asking the public to contact them with information. **THE CANADIAN PRESS**

News in brief

Foreign worker program probed

LABOUR. Alberta is taking advantage of an economic lull to examine the Temporary Foreign Workers program. Employment and Immigration Minister Thomas Lukaszuk says the program helped companies quickly fill jobs during boom times, and has requested a report on

how well the program worked. **THE CANADIAN PRESS**

Contractor, oil firm charged

DEATH. Workplace safety charges have been filed against petroleum producer Canadian Natural Resources and one of its subcontractors in an oilsands death. Rick Boughner, 47, died in September 2008 when an excavator he was using tipped over and sank into a tailings pond.

THE CANADIAN PRESS

Rising star returns to CCMA open mic

► Nadkrynechny making mark on country music scene ► Country Music Week runs Sept. 8-12



KATHY LE

EDMONTON@METRONEWS.CA

New faces

Up-and-coming music artist Tenille Nadkrynechny, 16, has come a long way from performing at the Canadian Country Music Association's Open Mic Night two years ago — she will be hosting it alongside multi-award winner Jamie Warren this year.

"Open Mic is a really exciting night because it gives anybody participating in the week an opportunity to come up and show us who they are," said the Grande Prairie native. "So to be able to assist and be part of that is an honour for me."

Singing Shania Twain songs while still in diapers, and performing on stage at local venues from a young age, Nadkrynechny

is about to release an album of songs she has written or co-written.

"It's called Real. It's about all the situations that I've been through or I've seen and have been fortunate to write about, and it's dedicated to the people that keep me real," she explained.



► Tenille Nadkrynechny is in town for Country Music Week and the CCMA Awards.

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OTTAWA

Stelmach to meet with Pelosi

Premier Ed Stelmach will be meeting with one of the most prominent lawmakers in the U.S. this week to discuss the province's oilsands.

Nancy Pelosi, Democratic speaker of the House of Representatives, will also meet with environmental and aboriginal groups during her

trip to Ottawa tomorrow and Thursday.

"It's an excellent opportunity for the premier to meet with key U.S. lawmaker and tell her about the work we're doing in the oilsands and about Alberta's role in the U.S. energy supply," said Jerry Bellilka, a spokesman for the premier on Friday.

"We want to cut through the rhetoric and provide some factual information about what actually does happen in the oilsands."

THE CANADIAN PRESS

Local dancer seeing stars

Edmonton's Jeff Mortensen is planning to dance up the ladder to No. 1 on the show *So You Think You Can Dance Canada*. However, the 22-year-old knows he can dance and is in the top 22.

"(Watching) the first American season made me think it would be pretty wicked to do the show," said Mortensen.

Starting gymnastics and getting into Ukrainian Dance at five years old, dancing has been with him throughout his life.

Mortensen said that he tries to put his heritage into his dancing on the show.

He has put 20 hours a week into training, and danced at Shumka's Golden Gala. He feels the future is bright.

"Once the show is done, you never know what is going to come up," Mortensen added. "The connections you make can take you in many directions."

If he wins, he would donate to the Dizzy Feet Foundation, and invest the rest.

● GRAHAM MCCANN

Prisoner allegedly had drugs

An Edmonton man who was declared a dangerous offender for a vicious beating that left a man in a vegetative state has been accused of having drugs in his jail cell. Leo Teskey was being held at the Edmonton Remand Centre in early August awaiting transfer to a federal facility when authorities allege they found the stash.

THE CANADIAN PRESS

Accident leaves man dead

One man is dead after a pickup truck hit a school bus near St. Paul.

The 44-year-old was driving the pickup when it crossed the centre line and hit the bus on the Saddle Lake Cree Nation. Eighteen people aboard the bus were treated in hospital and released. The pickup driver died at the scene. His name has not been released.

THE CANADIAN PRESS

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Jones can't wait to get to oil country

► Alt-country artist Kirsten Jones plays Blackjacks Roadhouse Sept. 17
► Album *The Mad Mile* was released in May



ANDREAS
MORSE
@METRONEWS.CA

It's never easy to follow a music legend like Fred Eaglesmith but Kirsten Jones is certainly up to the challenge.

The Toronto-based alt-country singer/songwriter will be taking the same stage that Eaglesmith did at Blackjacks Roadhouse

in Nisku just over a month ago.

"Oh my God, I didn't know that," said the Virginia-born singer, upon hearing the news.

"I'm really excited about that one, it sounds like a lot of fun."

Jones has been out this way before and said there's something about Wild Rose Country that makes playing here spe-

"I love Alberta,
I love touring
out there."

KIRSTEN JONES

cial.

"(Touring in Alberta) is great because people don't seem to distinguish too much between country-alt and country-folkie stuff, they seem to like it all."

Jones said she's a big fan of Edmonton radio station CKUA and said people have discovered her music there and come out to her shows when she's in town because of it.

"It's a unique Albertan thing," she said.

Jones will be at Blackjacks Roadhouse on Sept. 17. Tickets are available at blackjacksroadhouse.com.



► Kirsten Jones holds a special place in her heart for Edmonton.

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HURRICANE EARL

Some still lack hydro in N.S.

A few hundred customers are still without power in Nova Scotia following the departure of Hurricane Earl.

More than 3,000 homes and businesses were without electricity early yesterday but Nova Scotia Power crews were able to reduce the num-

ber to just over 300 by nightfall.

More than 200,000 customers had their power knocked out after Saturday's storm blew down trees and power lines across the province.

The storm packed wind gusts of up to 130 kilometres an hour in some places.

Hundreds of employees from the utility have been involved in the restoration effort, with assistance from crews from NB Power.

THE CANADIAN PRESS

Ads aim to shut out salespeople

A new online campaign is encouraging people to ignore the doorbell when salespeople ring it.

The "Ignore the Door" campaign, launched Aug. 27 by the Consumers' Waterheater Income Fund, is designed to educate consumers about how to handle door-to-door tactics.

The campaign is the brainchild of a company that owns some 1.3 million water heaters rented out across Ontario.

"We started this campaign because there's an

49 Barry Zeidenberg said that an Angus Reid poll found 49 per cent of people aged 55 and older felt pressured to make a household purchase by door-to-door salespeople within the last five years.

increasing number of people that we're finding that are potentially misled at door-to-door," said Barry Zeidenberg, the company's marketing director.

THE CANADIAN PRESS

Afghans got \$650K: Report

The Department of National Defence paid just over \$650,000 during the course of two years to compensate Afghans for damages and deaths, according to the Receiver General of Canada.

THE CANADIAN PRESS

Faithful thank deity for devices

The glow of gizmos cut through the darkness of a modest Halifax-area church Sunday as parishioners raised their cellphones, laptops and GPS units toward the heavens for a special prayer.

THE CANADIAN PRESS

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Don't catch only to release, navy told

THE CANADIAN PRESS FILE PHOTO



► A member of the naval boarding party stands watch last spring on HMCS Winnipeg, the vessel at the centre of the "catch-and-release" controversy involving Somali pirates.

Planned prisoner-transfer deal with Kenya yet to be finalized

Ottawa was so embarrassed by the "catch-and-release" conundrum" involving Somali pirates last year that it ordered the navy not to take any prisoners unless they had a case that would stand up in court, say federal documents.

The policy change happened in the spring of last year and meant sailors would stand aside unless they actually saw the "commission of an act of piracy, or armed robbery generally defined as illegal use of violence" on the high seas.

At the time, the frigate HMCS Winnipeg was patrolling the northwest Indian Ocean as part of a NATO anti-piracy operation.

"Only in situations where HMCS Winnipeg apprehends persons during its current anti-piracy operations and where it believes that sufficient evidence exists that could lead to a prosecutable case" would prisoners be taken, said a May 29, 2009 letter asking

"Where no evidence exists to prove an act of piracy was committed, the expectation is that no detainees would be taken."

LETTER TO DEFENCE MINISTER
PETER MACKAY, MAY 29, 2009

Defence Minister Peter MacKay to approve the new policy.

The warship made headlines by foiling an attack on a Norwegian oil tanker in the Gulf of Aden and hunting down the pirates on April 18, 2009. But Ottawa believed it didn't have the jurisdiction to prosecute, so the suspects were released.

Experts looked at Ottawa's policy with dismay and pointed to a UN Security Council resolution which called on "all states" with an interest in the area to investigate and prosecute pirates. THE CANADIAN PRESS

More bodies found at mudslide site

Searchers yesterday pulled five more bodies from a mud-covered highway where back-to-back landslides buried bus passengers and then the people trying to save them. The deaths raised the confirmed toll from mudslides in Guatemala to 45 as torrential rains pounded the country.

Authorities said 25 people are confirmed dead and at least 15 are believed to be still buried beneath the debris in the village of Nahuala, where a first mudslide buried a bus and other vehicles, then a second one turned would-be rescuers into victims.

At least 20 others died over the weekend else-

where as a tropical depression saturated the ground and set off more than a dozen landslides around the country, according to the national disaster agency. The most recent slide, on a highway in northern Guatemala, killed one person and injured 26 on Sunday.

THE ASSOCIATED PRESS

Highway disaster

► All told, there were 15 landslides at different spots along the Inter-American Highway — a section of the Pan-American Highway system — within in a 48-hour period, Communications Minister Guillermo Castillo said.

metro

Metro Edmonton, Editorial and Photography Interns, Edmonton AB

Metro Edmonton is inviting applications for reporting and photography internships.

The positions offer hands-on experience in a daily newsroom for journalists and photographers or recent grads who are beginning their careers. The positions are non-paid.

Successful applicants in the past have excelled at generating story ideas and writing concise and compelling features as well as covering breaking news. The ideal candidate can also combine photography and reporting skills.

Qualifications

The positions are open to students and recent graduates (within the last year or two).

The internships are full-time and start September 2010. They run for three-four weeks, based on availability, Sundays to Thursdays.

No calls please. Only those applicants considered for the position will be contacted.

Please e-mail samples of your work, a cover letter and resume identifying all relevant experience and/or skills to:

Harry Hodge | Metro Edmonton, Ste. 2070, 10123-99 Street NW, Edmonton, AB, T5J 3H1 | Tel: NO CALLS

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► A government action plan sign in Mississippi Mills, Ont.

THE CANADIAN PRESS FILE PHOTO

Tories tracking signs

► Work on signage database continues to this day ► Opposition critics have long claimed government is using stimulus for partisan ends

Civil servants across Canada were ordered by the Harper government to document every single sign posted anywhere promoting the federal economic

stimulus plan, The Canadian Press has learned.

They've spent countless hours tracking every one of more than 8,500 signs posted since last summer, when

the urgent, weekly exercise was ordered by the Privy Council Office, the bureaucratic support arm of Prime Minister Stephen Harper's office.

Eighteen departments and agencies are involved, including the country's over-stretched food inspection agency.

THE CANADIAN PRESS

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Woman's stoning could happen soon

The lawyer for an Iranian woman sentenced to be stoned on an adultery conviction said yesterday that he and her children are worried the delayed execution could be carried out soon with the end of a moratorium on death sentences for the Muslim holy month of Ramadan.

In an unusual turn in the case, the lawyer also confirmed that Sakineh Mohammadi Ashtiani was lashed 99 times last week in a separate punishment meted out because a British newspaper ran a picture of an unveiled woman mistakenly identified as her. Under Iran's clerical rule, women must cover their hair in public. The newspaper later apologized for the error.

With the end of Ramadan this week, the mother of two could be executed "any moment," said her lawyer, Javid Houtan Kian.

The sentence was put on hold in July after an in-



► Ashtiani

ternational outcry over the brutality of the punishment, and it is now being reviewed by Iran's supreme court.

Ashtiani was convicted in 2006 of having an "illicit relationship" with two men after the murder of her husband the year before. She received a sentence at that time of 99 lashes. Later that year, she was also convicted of adultery and sentenced to be stoned, even though she retracted a confession that she says was made under duress.

THE ASSOCIATED PRESS

Marriage crisis looms as Iraq rebuilds

The war in Iraq has had many hidden costs. One that few outside Iraq might notice or even consider a significant problem: More women are finding themselves over 30 and single after seven years of bloody turmoil that made marriage more difficult, killing many young men and blowing apart social networks.

In Iraqi society, women are expected to marry in their teens or early 20s. Women who cross the 30-year threshold and are single face powerful social stigmas and live under heavy limitations.

THE ASSOCIATED PRESS

"No one is really proposing to me since all the men now are looking for a rich or a young bride."

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CRAIGSLIST

Sex ads removed – sort of

Craigslist's adult services section has been shut down in the U.S., but prostitution on the Internet is alive and well — even, quite possibly, on Craigslist.

Users of the website and its CEO grouse that the Internet and other

media are still full of outlets where people can find prostitutes. As for the massive online classifieds site itself, many of the personal ads that remain on the site appear to be thinly veiled solicitations of sex for sale.

State attorneys general had pressed Craigslist to do more to block potentially illegal ads promoting prostitution, and hailed the company's decision to take down its adult services section Saturday.

THE ASSOCIATED PRESS

Postmedia cutting jobs

Postmedia Network Inc. confirmed Friday that some of its daily newspapers are cutting jobs in an effort to tighten their operations and refocus on serving an Internet-based readership.

Canada's largest-circulation newspaper chain, made up of the former Canwest dailies, has started laying off some employees and offering voluntary buyouts to others at some of its operations, said Postmedia CEO Paul Godfrey.

"Everyone is busy preparing budgets and

31 Number of jobs that have been cut at the Calgary Herald. Twenty jobs have also been cut at the Edmonton Journal.

they're reviewing their needs and their staffing components based upon the digital-first philosophy and any restructuring they have to do with respect to it," Godfrey said.

He wouldn't give specifics on the number of employees that will be affected. THE CANADIAN PRESS

Burger King pulls contract

Environmentalists have praised Burger King's decision to stop buying palm oil from an Indonesian company accused of destroying rainforests.

Burger King said Friday it was cancelling its contract with PT Sinar Mas Agro Resources over concerns it had not adopted sustainable farming practices. THE ASSOCIATED PRESS

Afghans take out savings

Nervous Afghans pulled more deposits out of the nation's largest bank despite assurances from government leaders their money was safe.

Crowds gathered Saturday at Kabul Bank branches around the capital to withdraw savings, with customers saying they had lost faith in the bank's solvency. THE ASSOCIATED PRESS

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for the massive online classifieds site itself, many of the personal ads that remain on the site appear to be thinly veiled solicitations of sex for sale.

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THE ASSOCIATED PRESS

Unions call cuts counterproductive

► Wage, job cuts could hurt economy, warns CUPE president

While the private sector bore the brunt of the economic downturn, union leaders turned their attention to the public sector this Labour Day as deficit-obsessed governments put the squeeze on their workers.

"I think there is the potential for quite a bit of confrontation in the public sector," said Erin Weir, economist for the United Steelworkers union, which counts approximately 11,000 public-sector employees among its Canadian ranks.

Governments at all levels have

warned that public-sector workers won't be immune as they shift their focus to deficit

cutting from stimulus spending.

In Ontario, Premier Dalton McGuinty has asked everyone in the public sector to accept a two-year wage freeze as part of a battle to slash a massive deficit that has been projected at more than \$100 billion over eight years.

In March, the province announced an immediate freeze on non-unionized workers and managers in the public sector. It will also cap compensation packages for unionized public-sector workers for two years after their current contracts expire.

Although other provinces haven't been as direct as Ontario, there's no question belt-tightening is becoming a normal part of public-sector life across the country.

Ken Georgetti, president of the Canadian Labour

Mixed views

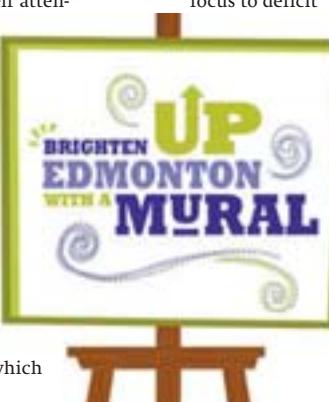
Pollsters surveyed 2,000 Canadians on the economy in the final two weeks of August.

► **Pessimists** Only 20 per cent of respondents said they believe good times will return in the next 12 months, down from 25 per cent who said so in the last survey.

► **Optimists** However, about 26 per cent said they believe they themselves will be better off financially in a year, with only 14 per cent expecting to be worse off.

Congress, agreed with Paul Moist, president of the Canadian Union of Public Employees, that cost-cutting at the expense of public-sector workers is counterproductive.

THE CANADIAN PRESS



Community groups can get up to \$2000 to paint murals with the owners permission.

For information call 780 442 5302
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 Report Graffiti. Call 311.



► The Fizz-keeper, left, and Bottle Top keep drinks from going flat.

What would you buy to save?

How do you get penny pinchers to spend these days? Pitch products that promise to save them money.

Demand is rising for kitchen and bath gadgets that squeeze out that last blob of toothpaste and help get the suds out of tiny slivers of soap.

During the Great Recession, penny pinchers got even cheaper, while showing

the newly frugal how it's done.

Cheapskate gadgets may be a sign of the times, but they're also a sign of how product makers and retailers are trying to get people back in the spending habit.

Marketers of these gizmos tout how the pennies they save by reducing waste can add up. Retailers are stocking up.

An open question is

whether the truly frugal are too cheap to buy the gadgets that can cost up to \$20. Who needs a soap saver when an old washcloth or a pair of pantyhose will do?

"Surely, people who lived through the Great Depression found ways to use up all their soap without needing a soap saver," said Lynnae McCoy, who runs the blog beingfrugal.net.

THE ASSOCIATED PRESS

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IT'S TIME FOR THE RELATIONSHIP TALK

She says ...

JESSICA NAPIER



There are two seriously awkward conversations everyone will have by the time they've reached their 20-something years.

The first probably happened around a decade ago when mom and dad sat you down and tried to talk to you about your sex life. As embarrassing as it might have been to listen to your parents wax poetic about condoms, it doesn't really compare to that other uncomfortable exchange you will be forced to have about two months into the beginning of every new relationship. I'm referring, of course, to *The Talk*, when a new couple determines if a given period of dating has successfully resulted in a full-

blown relationship.

Before you arrive at this terribly uncomfortable conversation you first get to enjoy a blissfully carefree period of romance. Dates one through 10 are optimistic, lighthearted and generally stress free. However, eventually you begin to realize you might *really* like this person and that's when you start to wonder if he or she feels the same way, too.

It is generally considered unacceptable to simply blurt out, "So, are you my boyfriend now?" Instead, you are expected to endure a lengthy period of

confusion, caught in between being single and being a couple. I like to refer to this agonizing state of unknowing as *dating purgatory*. No one wants to be the first to bring up the c-word (commitment), so this desperately coy game of relationship chicken can go on for a number of weeks, and even months, before someone finally utters those inevitable words, "Where do you see this going?"

Is there a better way to approach this difficult yet necessary dating milestone? While they say timing is everything, my most recent

"However, eventually you begin to realize you might really like this person and that's when you start to wonder if he or she feels the same way, too."

attempt at *The Talk* relied heavily on humour and plenty of wine. After some inaudible mutterings on my part about "being on the same page," he responded with nervous laughter and somehow we eventually reached the conclusion that we were now a couple.

Obviously, there is no cool, mature way to resolve the question of exclusivity. Asking someone if they want to be your boyfriend or girlfriend is possibly the most childish moment in any adult relationship. Perhaps we could just make things a little easier by agreeing on some sort of standard dating formula. Here's what I'm proposing gentlemen: 10 dates + 4 sleepovers + 1 drunken night out with friends + a toothbrush at her place = boyfriend.

Cartoon

MICHAEL DE ADDER



Dangers of 'digital tattoo'

Worth mentioning

Call it Facebook 101.

Universities across the country are offering workshops, seminars and tipsheets on social media etiquette to new students, warning them of the potential consequences of posting every drunken moment online.

"They should think about what they do online as something they have to be comfortable talking about with their grandkids 50 years from now," said Jason Nolan, an assistant professor at Toronto's Ryerson University.

Ryerson isn't the only school to embark on teaching web etiquette.

The career centre at Toronto's York University

Web etiquette



offers a workshop to students wanting to learn how to use social media to find jobs, which includes a component on how to present oneself professionally online.

Carleton University in Ottawa offers a similar program through its career centre, and — at the request of faculty members — offers presen-

tations to classes.

At Dalhousie University in Halifax, students who log in to their internal email see an article posted to the web portal about online media titled, "Facebook: Don't Be So Trusting."

The University of British Columbia has dubbed the danger the "digital tattoo." THE CANADIAN PRESS

What is the first thing you notice in the opposite sex?

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The Muttart Conservatory is Edmonton's premier horticultural attraction, featuring four glass pyramids filled with rare and wonderful plants from all over the world.

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monies and receptions, evening meetings, open houses, etc. All four pyramids are open until midnight. There are also opportunities to take courses on horticulture.

The Muttart Conservatory is owned and operated by the City of Edmonton.

For more information, phone 780-442-5311 or visit www.muttartconservatory.ca. METRO EDMONTON



► The Muttart Conservatory.

CONTRIBUTED



In brief



All the speculation about Jesse James and Kat Von D appears to have been on the nose, as the L.A. Ink star says she's in love with Sandra Bullock's ex-husband, according to People magazine.

"Jesse is only my ninth boyfriend. I don't hang out with anybody unless I am in love."

METRO



Hitman Clooney's The American wins weekend battle with \$16.4M

► Hip-hop star using Twitter to atone for his infamous on-stage brush with Taylor Swift at the MTV Video Music Awards ► Grammy-winning says he received death threats and suffered setbacks to his career following the incident



► Kanye West grabs the microphone from Taylor Swift at last year's MTV Video Music Awards.

Kanye West ready to bounce back

Hip-hop star Kanye West is still feeling the pain over his ambush of Taylor Swift last year — and he's expressing his pain all over Twitter.

West unleashed a torrent of emotions on his official Twitter account Saturday, acknowledging once again that he was wrong for jumping on stage, grabbing the microphone from Swift at the MTV Video Music Awards and saying her trophy should have gone to Beyoncé.

But the rapper-producer said that he has experienced enormous pain, been the subject of death wishes and suffered tremendous setback to his career.

"How deep is the scar ... I bled hard ... cancelled tour with the number one pop star in the world ... closed

the doors of my clothing office," he tweeted.

The multiplatinum, Grammy-winning superstar had been one of the decade's most successful and critically acclaimed stars, despite sometimes boorish behaviour and meltdowns at other awards shows when things did not go his way.

However, when he upstaged Swift — the then-teenage darling of pop and country music worlds — the public had had enough. There was tremendous backlash against West — even President Barack Obama was caught calling him

a "jackass."

At the time, he went on Jay Leno's prime-time show to apologize and said he still had not recovered from his mother's death two years prior. He said he would be taking time off from the public eye.

That time off came sooner than expected. He cancelled a joint tour with Lady Gaga that fall, apparently due to low ticket sales. On Twitter, West talked about the backlash. "I'm the guy who at one point could perform the Justin Timberlake on stage and everyone would be so happy that I was there," he wrote.

After the incident, he said, "People tweeted that they wish I was dead ... No listen. They wanted me to die people. I carry that. I smile and take pictures through that."

West said he's now "ready to get out of my own way. The ego is overdone."

He also apologized to Swift again, and said he has written a song for her that he hopes she will perform. "If she won't take it then I will perform it for her," he said.

West is working on a new album that is supposed to come out this fall. A recent member of Twitter, West has been an active user, posting not only his feelings, but new songs and other updates. He has over 900,000 followers.

THE ASSOCIATED PRESS

Worldwide success not so tweet for K'Naan

It looks like a breakout year has taken its toll on K'naan.

The Somali-born, Toronto-raised hip-hop star took to Twitter on Saturday to come clean over what he felt was a half-hearted performance in Ireland.

"In all my years of touring, today marks the 1st time I've played an entire concert w/out feeling a thing. Just going through the motions," he tweeted early Saturday afternoon.

"I don't wanna be like this. Like 1 of those artists." K'naan had been in Stradbally, Ireland, to play the Electric Picnic Festival. He was to perform in London yesterday before kicking off a monthlong Canadian tour in Montreal.

He's spent most of the year on the road. His Wavin' Flag was chosen as Coca-Cola's World Cup anthem, so K'naan found himself whisked from continent to continent along with the Cup, performing the triumphant tune — a Top 2 hit in Canada, Austria, Germany, Ireland and Switzerland.

The 32-year-old also performed a star-studded remix of the song at April's Juno Awards, where he took two trophies, including artist of the year.

"It could B b/c I've done over 80 countries this year, could B spiritual & physical fatigue, if could B that I need 2 get out new songs ... It could be since my breakup a year and a half ago that I haven't had a significant or lasting relationship. I can't say what it is," he added.

"All I know is, I feel sickly ever having to play these songs of personal redemption with an insincere stage presence."

THE ASSOCIATED PRESS



► K'Naan

The Audio Files

**BRYAN
BORZYKOWSKI**
SCENE@METRONEWS.CA



MY BEST '90S TRACKS

Whatever you think of Pitchfork — the indie music website — they put together some pretty great lists. They've recently tackled the '90s, coming up with the top 50 music videos and best tracks of the decade.

That got me thinking about the music in my teen years. So, I've decided to put together a little list, too: my top four Canadian albums of the '90s.

Sloan Twice Removed
These East Coast rockers were supposed to be Canada's Nirvana, but after the sludgy rock disc

Smeared, the group took a 180-degree turn. Their catchy indie pop got them booted off their label, but it was a five-star collection of infectious hooks, witty lyrics and bright arrangements.

Thrush Hermit Clayton Park
Thrush Hermit's final album came out in 1999 and, if they didn't break up that same year, the disc could have been huge.

Our Lady Peace Naveed
The band's blend of '60s hard rock, U2-like guitars, Raine Maida's soaring melodies and a subtle darkness, destroyed its competition (that would be Moist and I Mother Earth) — nothing they've made since has been as good.

Neil Young Harvest Moon
Until the album's release in 1992, most of what I listened to was power pop, grunge and indie. I was stunned to hear Young's passionate and sometimes uncomfortable thoughts on growing old. The acoustic folk disc is still a stunning listen.

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Kuwait	6.9	Saudi Arabia	9.9
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Who do you think is going to walk away with \$250,000 on *Bachelor Pad*?

@Steveoby If Situation was on Bachelor Pad he would win it all

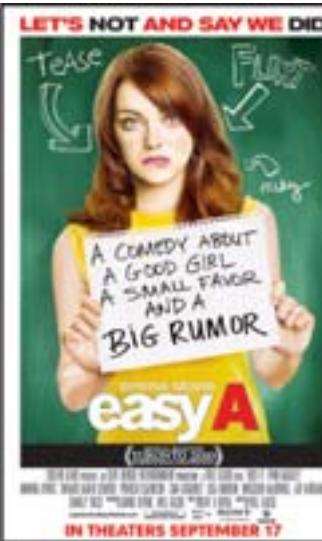
@maryselalonde I think Dave is cunning enough to set to the finals and win it all

@esheinberg All the ones I picked got voted off already! I just hope its not Elizabeth!

@mirandacoop I think Tenley will take it home the prize



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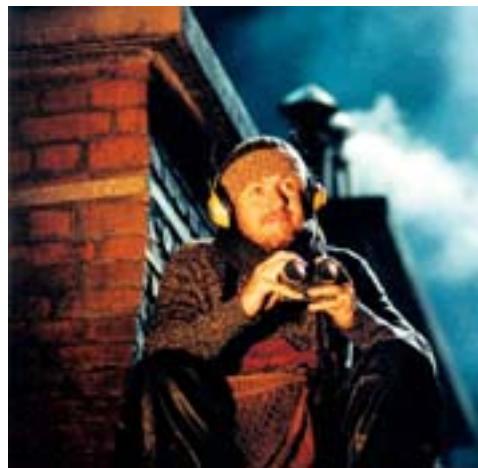
Don't miss *Micmacs***Micmacs****Genre:** Comedy**Director:** Jean-Pierre Jeunet**Stars:** Dany Boon, Yolande Moreau, Dominique Pinon

Call *Micmacs* a secret blockbuster.

This French bonbon is every bit as antic and explosive as those other summer rattlers, but you may have to stray out of your neighbourhood, your linguistic preference and your preconceived notions to find it.

Imagine a *Mission: Impossible*-style satire in which the likes of Charlie Chaplin, Buster Keaton and Harold Lloyd are acting as spies.

In this case, it's Parisian street performers, who



seek payback on two French arms dealers. These urban warriors are loyally supporting their new pal Bazil (Dany Boon), whose life has been inextricably

and tragically linked to the arms merchants.

Micmacs is directed by Jean-Pierre Jeunet, the mirthful mind behind *Amélie*. He co-wrote it withGuillaume Laurant, his *Amélie* co-scribe.The movie is an amalgam of Jeunet's two personalities: the starry-eyed celebrator of amour and Paris, as seen in *Amélie*, and the down-and-dirty trawler of the weird and grotesque, as witnessed in *Delicatessen*, an earlier film Jeunet made with Marc Caro.

This is definitely the only thriller you will ever see where the plot includes Marilyn Monroe's molar and Benito Mussolini's eyeball.

The title, incidentally, is shortened from the French original *Micmacs à tire-larigot*, an idiom I understand to mean "plenty of trouble." But here's a more direct and urgent statement: You must see *Micmacs*.

• PETER HOWELL

**Year of the Carnivore****Genre:** Comedy**Director:** Sook-Yin Lee**Stars:** Cristin Milioti, Mark Rendall, Kevin McDonald

Sex is a laughing matter for Sammy Smalls (Cristin Milioti), who can't stop giggling when she's wrig-

gling. Blame it on her body-image issues, but it's a deal-breaker for Sammy's busker boyfriend Eugene (Mark Rendall).

Solution? She needs experience, pronto, and sets out to get it the way a bull goes china shopping. Any

man with a pulse is in danger of meeting Sammy's newly unleashed libido, whether he likes it or not.

That's the hook for Sook-Yin Lee's decidedly quirky yet endearing comedy that wears its *Juno* crush like a hickey, and I mean that in a good way.

Milioti is a real find, bringing humour and empathy to a character that might normally summon thoughts of a restraining order.

Sammy is a 21-year-old shop detective at a grocery store. She's good at spotting shoplifters — including one oldster who hides a steak under his hat — but she leaves the

punishment to her boss, who metes out summary justice out back.

Of much greater concern of Sammy is her inability to have sex without having a giggle fit, a problem that has prompted exasperated Eugene, a true free thinker, who insists she play the field. Sammy does so in a way that combines work with pleasure, after a fashion.

As creepy and crazy as this scenario sounds, Milioti never loses touch with the audience. Neither does writer/director Lee in her feature directing debut. She's able to get in touch with the needs of a nerdy naif.

• PETER HOWELL

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extortion case

► Pair were accused of threatening to release private information after the death of actor's 16-year-old son
 ► Mistrial was declared in earlier trial in October

A judge in the Bahamas dismissed charges yesterday against two people accused of trying to extort money from John Travolta after the prosecutor said the actor no longer wanted to pursue a case stemming from the death of his teenage son.

Prosecutor Neil Braithwaite had submitted a motion to drop the case after a jury had already been picked and a retrial scheduled for the two defendants.

"The Travolta family has said that this matter has caused them unbelievable stress and pain and they wish to put this whole thing behind them," Braithwaite said.

Ambulance driver Tarino Lightbourne and his attorney, politician Pleasant Bridgewater, were accused of threatening to release private information about the January 2009 death of Travolta's 16-year-old son Jett at the family vacation home in Grand Bahama.

Lightbourne, who was among the medics who treated Jett, allegedly sought \$25 million from

the actor with the assistance of Bridgewater, who resigned her seat in the Bahamas Senate after she was charged in the case.

A judge declared a mistrial in October after a Bahamian lawmaker suggested the still-deliberating jury had acquitted one of the suspects.

Travolta had testified during that trial and one of his attorneys said in October that he had been prepared to testify again if necessary. But the actor said yesterday that the delay in prosecuting the case had prompted his decision not to take the stand again.

"The long-pending status of this matter continued to take a heavy emotional toll on my family, causing us to conclude that it was finally time to put this matter behind us," he said in a statement to The Associated Press.

"Therefore, after much reflection I concluded that it was in my family's best interest for me not to voluntarily return to The Bahamas to testify a second time at trial."

THE ASSOCIATED PRESS

Witness against Stern recants

A witness in the Anna Nicole Smith drug conspiracy trial recanted statements Friday that he saw defendant Howard K. Stern give the celebrity model excessive drugs.

Ford Shelley also testified that he never saw Smith abuse drugs, and that he believed her boyfriend-lawyer Stern shouldn't be on trial.

Shelley, whose family provided Smith a house and spent time with her in the year before she died, was a combative prosecution witness.

"Mr. Shelley, you don't want to be here testifying, do you?" Deputy District Attorney Renee Rose asked.

"No, because I don't think the man ought to be sitting here," Shelley said, looking at Stern across the



► Howard K. Stern

courtroom.

Shelley had previously suggested to investigators that Stern overmedicated Smith. However, he said Friday he had been mad many of the times he had been interviewed since the death of Smith.

Stern, Eroshevich and Dr. Sandeep Kapoor have pleaded not guilty to providing Smith with excessive drugs and other charges. THE ASSOCIATED PRESS



► Actor John Travolta and actress Kelly Preston's son Jett died in January 2009 in the Bahamas.

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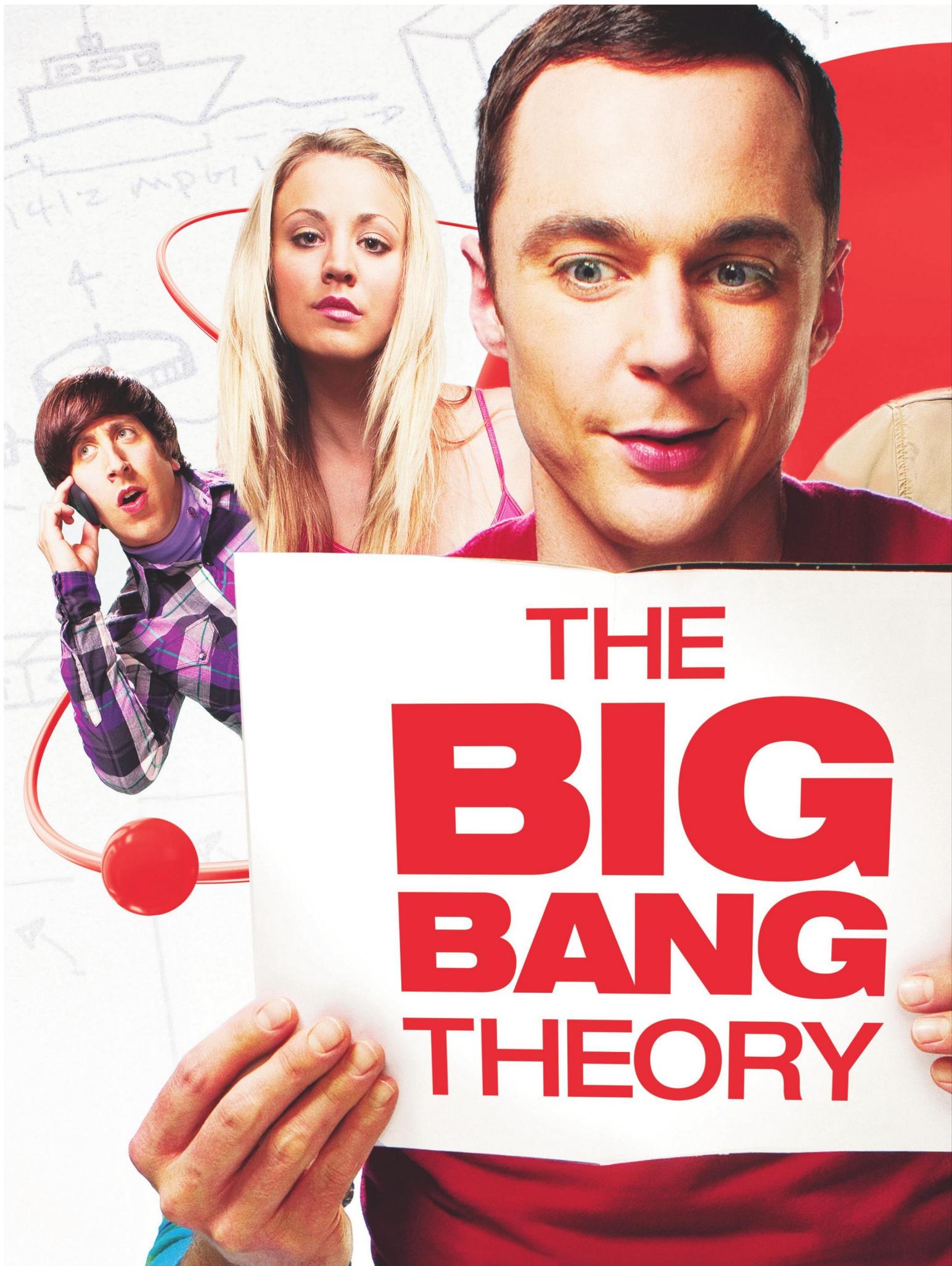
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THE **BIG BANG THEORY**



The image is a promotional poster for the TV show 'The Big Bang Theory'. It features the four main characters: Leonard (left, wearing a red shirt and holding a white mug), Howard (center, wearing a blue shirt and holding a microphone), Raj (right, wearing a blue and red plaid shirt), and Koothrappali (top left, wearing a tan jacket and glasses). They are set against a background of a chalkboard with various scientific diagrams and formulas, including a red marble on a string. The text '5 NIGHTS A WEEK' and '7:30' is overlaid on a red circle in the lower right, and the CTV logo is at the bottom right.

5 NIGHTS
A WEEK
7:30

CTV

RV dealer pays for taking on Team Jacob

► Business to fork out \$40,000 to Lautner for failing to deliver custom vehicle, Us Weekly reports

Taylor Lautner came out on top in his dispute with an RV dealership that failed to deliver a custom vehicle for the Twilight star, according to Us Weekly.

"McMahon's RV has agreed to settle its dispute with Taylor Lautner," the actor's lawyer says. "McMahon's RV will pay \$40,000 to Lautner, which Lautner will donate to the Lollipop Theater Network, a children's charity with which he has a long-standing relationship."

The 18-year-old Lautner sued the dealership Monday, saying it missed a June deadline to deliver the 2006 Affinity Country Coach for use on the set of the movie *Abduction*.

Lautner's lawsuit also claimed the RV needed additional work after it was delivered. Barta's state-

ment claimed the vehicle wasn't in a safe, drivable condition when it was handed over.

It was unclear what upgrades Lautner sought. McMahon said the vehicle was given a custom paint job.

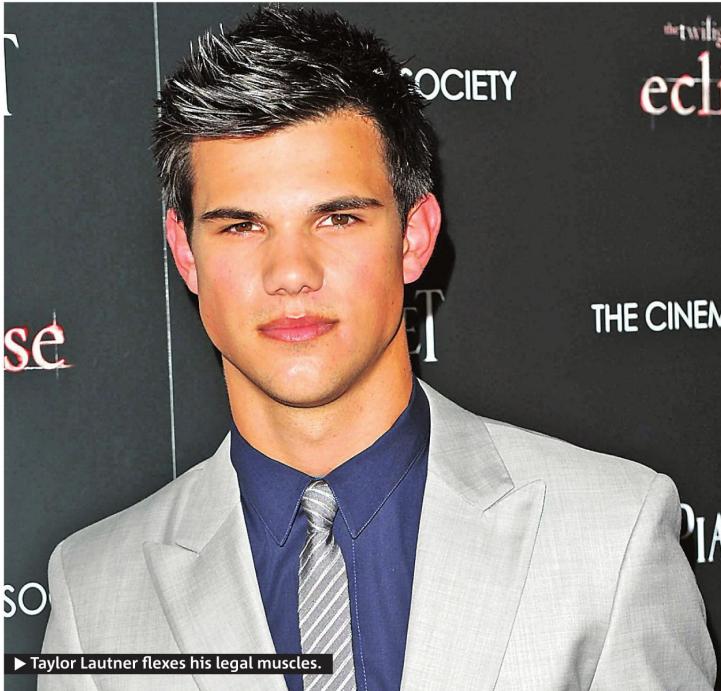
McMahon had offered to compete in a push-up contest to solve the dispute.

McMahon and his attorney had denied wrongdoing and had said they will vigorously defend the case in court if Lautner, 18, doesn't accept the challenge.

Lautner's attorney Robert Barta said the challenge was indicative of problems with the dealership.

A phone message seeking comment on the settlement was not immediately returned.

● METRO



Christina keeps the love alive

MARRIAGE. Christina Aguilera says that after five years of marriage to Jordan Bratman, nothing has really changed. "Marriage unites you and makes you official, but it didn't change our relationship. All the things like wanting to work hard and play hard — they were always important to us," she tells *Cosmopolitan*. But that's not to say there's no effort involved on Aguilera's part. "I leave little lipstick marks on the bathroom mirror for when he wakes up, and little notes written in lipstick on the mirror and in the shower," she says.

● METRO



Watch out! Lindsay Lohan's behind the wheel once again

Barely a week after getting her license back for the first time in years, Lindsay Lohan is reportedly having trouble behind the wheel again.

Sources say the troubled actress clipped a stroller

holding a small child while turning a corner in West Hollywood, according to Radar Online.

"It wasn't super hard, but she made impact and hit them," a source says. "Lindsay pulled to the

right, stopped for two seconds, and then just kept going." When contacted for comment, Lohan told the website, "I don't know what you're talking about," before hanging up.

● METRO

Jean still sore over Penn stand

Wyclef Jean is apparently still bristling from Sean Penn's decision not to back the singer's bid to be president of Haiti.

Appearing on Larry King Live recently, Penn said, "One of the reasons I don't know very much about Wyclef Jean is I haven't seen or heard anything of him in these last six months that I've been in Haiti."

Jean struck back recently during a concert in New York, updating his song *If I Was President* with the line, "I got a message for Sean Penn, maybe



he ain't see me in Haiti because he was too busy sniff-

ing cocaine."

● METRO

Dad Joe defends spanking MJ

HOW TO RAISE A STAR. Joe Jackson stands behind his decision to spank Michael Jackson and his other children. "They tried to make a big issue when I spanked Michael or some of the kids, ya know? Just like they didn't spank their kids when they did wrong. The media twists everything," he says in a video interview, according to TMZ. "I had to be like that because when raising him, in those days, so many gangs out there getting into trouble, going to jail. Most of them are dead now. He didn't have to worry about that."

● METRO

Celebrity tweets

Kelly Osbourne [MissKellyO] I made it to the gym!!!!

John Mayer [JohnMayer] I wouldn't say I have to "man up" as much as "girl it down."

Sarah Silverman [SarahSilverman] How did I live this long without having seen that Double Rainbow video and it's autotune companion??

Conan O'Brien [ConanOBrien] Just spent all day at Legoland. It was so much fun, next time I think I'll bring my children.

Talking points

Gaga's eating troubles?

REVELATION. Lady Gaga's former tour manager claims the singer was hospitalized six times in 2009 because of eating-related illnesses, according to a new book.

"When I say she was sick, I mean physically and mentally," David Cierny says in *Poker Face: The Rise and Fall of Lady Gaga*. According to Cierny, the singer would binge on junk food and then starve herself for weeks to drop pounds and fit into her outlandish costumes.

● METRO

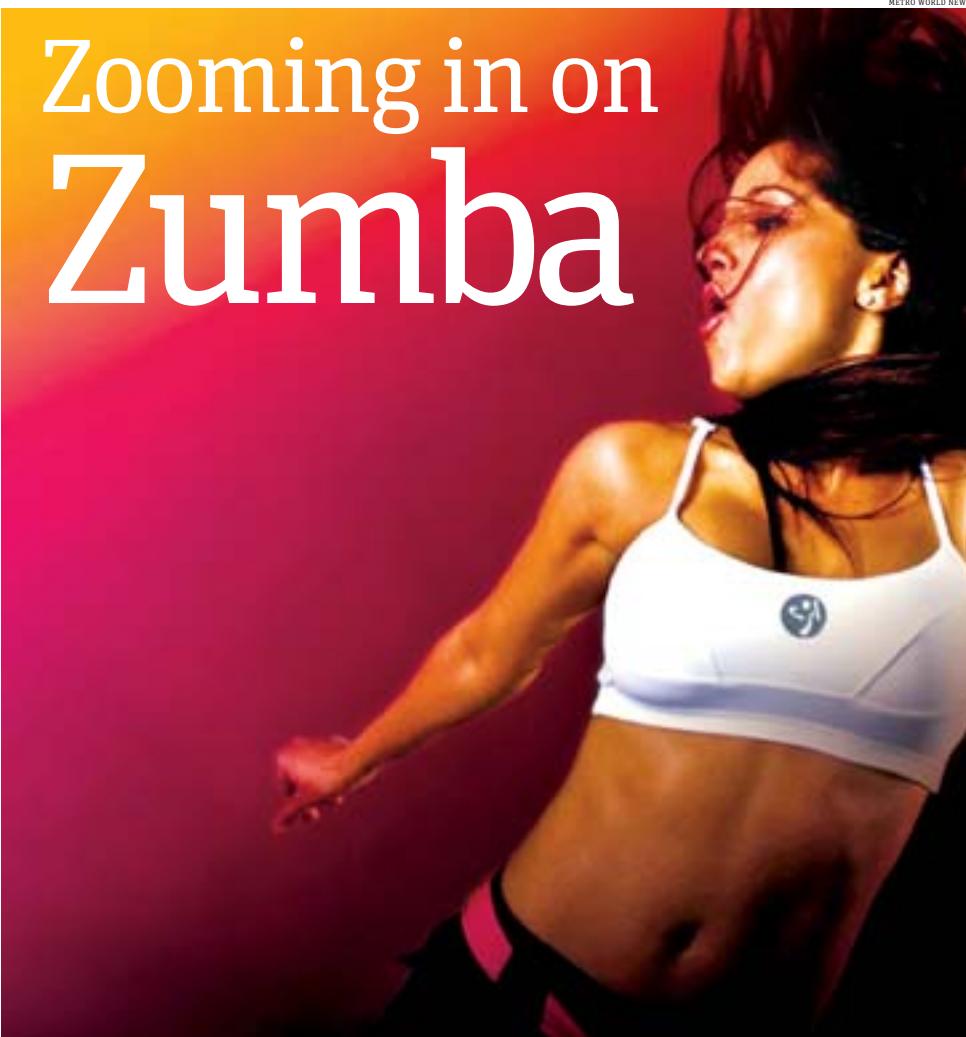
Don't call him Marky Mark

THE PAST IS A HOOT. Mark Wahlberg admits he cringes at the sight of himself back when he was known as Marky Mark. "When I see the footage, I was such an ass," he says. "I remember seeing this thing on VH1, some *Sexy People* Of The '90s show. My brother Paul was watching with me and my assistant. They were just killing themselves with laughter," he says.

● METRO

► An international dance and cardio workout integrating both Latin and Asian moves, Zumba is the moving proof that there can be some science behind the best and wildest of parties ► Metro speaks to Zumba instructor Julie Kelly about how to get into the heat and heart of this exotic workout.

Zooming in on Zumba



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Zumba combines moves from salsa and tango over to merengue and belly dancing.

A class will have you swirling, squatting and swerving your way around your body and leave you smiling and sweating.

A cardio vascular exercise in disguise, Zumba carries huge benefits for the heart and is as instructor Julie Kelly describes, a form of "intermittent training."

"As you go from one dance move into the next, your heart rate goes up and down in a curvy line," she says. "This gives you time to recover in between moves and the ability to last throughout the entire workout."

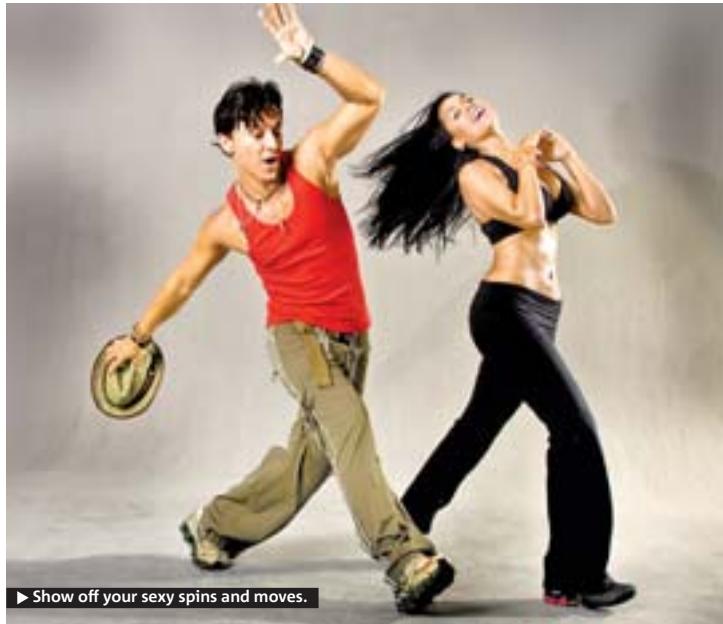
Alongside its cardio benefits, Zumba also works on the core area, toning and defining stomach, arms and leg muscle. It also fo-

er back.

"Men come to Zumba class as the flexibility work

improves their golf swing," says Kelly.

"The underlying sexiness



► Show off your sexy spins and moves.

cuses on improving flexibility by engaging the hip and pelvic muscles and the low-



B party started

Zumba moves are relatively easy therefore allowing the focus to remain on building up energy and finding a rhythm.

"There's a real party feel to it," says Kelly. "It's exercise in disguise and by the end of the class everyone is drenched in sweat. It reshapes your core and you start seeing definition lines in your body you didn't know you had. It works the bum, the thighs, the belly, the waist, the arms—everything."

of Zumba gives people the permission to move in ways they normally wouldn't, great for building self-esteem and body confidence and highly empowering."

The flowing pace allows people to mindlessly burning calories, great for weight loss.

Zumba is unique in that one class can require you to perform belly dance moves where you must engage your core and lower back, followed by the salsa figure eight and lunges.

"We integrate the essence of Latin and (Asian) moves into the fitness," says Kelly.

"Salsa, flamenco, Indian bhangra, tango ... they all require hip movement and core strength. We do some salsa squats and side steps that are more focused on aerobics and great for toning up the legs. We also have this one move whereby we use the rib cage to swerve the hips into a figure of eight, great for trimming the waist."



New brand



Baby carrot farmers are launching a campaign that pitches the little, orange, snacks as fun and naughty—just like junk food. A group of 50 producers hopes the "Eat 'Em Like Junk Food" effort starting next week will double the \$1 billion market in two or three years. The goal is to get people to think of baby carrots as a brand they can get excited about—not just a plain, old vegetable. A website, babycarrots.com, features metal music and deep male voices chanting "Baby Carrots."

Extreme." On social networking site Twitter, the campaign's account suggests people eat them "like there's no tomorrow (maybe there won't be...)"

THE ASSOCIATED PRESS



Is your kitchen clean?

PARENTING

Canadians too lenient?

It's not your imagination. Canadian parents are more lenient with their teenagers than parents in other countries.

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compared how strict parents are with their teenagers in the three countries.

Results showed Italian parents are the most strict and likely to take action when rules are broken.

Canadian parents, on the other hand, are the most tolerant, with fewer rules and disciplinary actions.

• CELIA MILNE

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Pulling out your hair

► **Link between chronic stress, heart risk may be found in hair: Study**

Whether you're sporting a cropped cut or long curls, your hair may do more than reflect your personal style — researchers say it may serve as a means to measure stress.

According to a recent new study, a stress hormone that's captured in the hair may act as a biological marker for chronic stress in men and women, which researchers suggest may serve as a predictor of heart attacks.

"Acute stress is relatively simple," said Dr. Gideon Koren, who holds the Richard Ivey Chair in Molecular Toxicology at Schulich School of Medicine & Dentistry at the University of Western Ontario.

"You can talk to people, there are psychological ways to ask them (about) their stress ... and you can measure blood, urine to look at how much cortisol they secrete — cortisol, of course, being the stress



► Researchers of a new study have found links between health and your hair.

hormone."

"Much less is known about chronic events."

For the small study, published online in the journal Stress, hair samples at least three centimetres in length were analyzed from two groups, each with 56 male patients: those who had had

heart attacks and those who hadn't.

Koren said men who had heart attacks had "significantly higher levels of cortisol" compared to those male patients who didn't, even after correcting for other major risk factors.

THE CANADIAN PRESS

Study

► **More proof** Researchers point to a recent study that revealed the presence of cortisol in the hair of ancient Peruvian mummies dating back to AD 550-1000.

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BLT in frittata form

Is there anything a BLT can't inspire? It's been turned it into a pasta dish. It's been made it into a jam. It's been done as a salad. Even as a soup. And now ... we give you the BLT frittata.

OK, it isn't a direct correlation. This recipe tops a basic egg frittata with bacon and tomato. Lettuce seemed a poor choice for anything that lands under a broiler, so the recipe goes

Ingredients :

- 6 large eggs
- 50 ml (1/4 cup) fat-free half-and-half (or milk)
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 125 g (1/4 lb) bacon, cut into small pieces
- 1 medium yellow onion, diced
- 2 ml (1/2 tsp) garlic powder
- 1 large or 2 medium tomatoes, thinly sliced
- 250 ml (1 cup) grated manchego cheese
- 1 scallion, thinly sliced

with another green — chopped scallions. A healthy toss of grated manchego cheese helps tie it together. The result is a fast and easy flavour-packed dish that is ready for dinner duty. And if you want to lighten it up, just substitute turkey or chicken bacon and cut back or eliminate the cheese.

Preparation:

- 1 Heat oven to broil. In a medium bowl, combine eggs, half-and-half, salt and pepper. Whisk well, then set aside.
- 2 In a large, oven-safe skillet over medium-high, cook bacon until just crisp, about 5 minutes. Add onion and garlic powder and sauté for another 6 to 8 minutes or until onion begins to brown. Transfer half of the bacon and onion to a small bowl and set aside.
- 3 Return skillet with remaining bacon and onion to medium heat. Add eggs to skillet, stir
- 4 to mix in bacon, then let cook until the bottom has set, about 5 minutes.
- 5 Remove skillet from heat. Arrange tomato slices over top of eggs in an even layer. Sprinkle cheese over tomatoes, then sprinkle scallions



► Yes, that's right, a BLT frittata.

LARRY CROWE/THE ASSOCIATED PRESS

and reserved bacon and onions over it.

- 5 Broil on oven's lowest rack for 1 to 2 minutes or until the cheese is melted and lightly browned and the egg is set through the centre.

THE ASSOCIATED PRESS

Liquid Assets

Final BBQ days are upon us

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Like it or not folks with Labour Day come and gone, the end of summer isn't far behind. That doesn't mean we can't party like it's 1999; especially when there's still some prime barbecuing weather left. I'm keen to grab some red meat and a little chicken and take advantage of every cooking alfresco day I have left.

My choice grilling grape mate is malbec, but rather than choose one from Argentina (where the berry is king) think neighbouring Chile and the Concha y Toro 2009 Casillero del Diablo Malbec (\$12.95 - \$14.23). It's got more up-front fruit and soft, dry tannins than most of its competitors next door; finishing with some nice, light licorice and black pepper.

For a BBQ white I'm all over chardonnay. The

grape's got the body and personality to make nice with both red and white meat with the

Sterling Vineyards 2009 Vintner's Collection Chardonnay (\$14.95 - \$15.25) from California's Central Coast a winning combo of butter, green apple, tropical fruit, banana, coconut and butterscotch.

Prices reflect the range across the country. Some products may not be available in all provinces.



ADVERTISING FEATURE

Committed to Quality

Ron Versteeg, 49, works on his dairy farm seven days a week and he plans to keep it up for another 20 years. When you're part of an industry you believe in, it's easy to stay motivated.



"I love my job," says Ron, a third-generation farmer and resident of Russell, Ontario near Ottawa. "My work helps make Canadian dairy products the best in the world, not just in terms of purity and quality, but taste, too."

Ron's high-tech, highly regulated operation would shock an old world farmer like his grandfather. He owns 210 heads of cattle, each housed in a sand-bedded stall. His farm milks 100 of them every day—three times each. Speed is important, but cleanliness matters most. "We clean the cow's udders before-hand and dip the teats in iodine immediately afterward to prevent contamination," Ron explains. "The milking itself takes about five minutes."

Ron's family owns a 'closed herd'; meaning they don't milk cattle they haven't raised themselves. They also grow all the hay, soybean, corn and cereals needed to feed the herd. This allows Ron maximum quality control

over his operation. Even if something escaped his attention, dairy industry procedures would be there to catch it. "The milk's picked up every day," says Ron. "The transporter tests it on the spot, and it's tested again when it arrives at the processing plant. If it reaches your table, you can be sure it's safe."

The '100% Canadian Milk' symbol, displayed on



hundreds of dairy products, signifies that all proper procedures have been followed. For Ron, though, it means even more: "When Canadians choose to buy products made with 100% Canadian milk, they are purchasing the finest milk Canadian producers have to offer. But they can also feel good knowing they are contributing to the local economy in more ways than one."

Through the support of Canadian consumers, I was able to build a new barn, a project that allowed me to employ 20 local workers for almost a year."

For recipes and more info on 100% Canadian milk, go to metroneWS.ca/canadianmilk



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MARTHA IRVINE/THE ASSOCIATED PRESS



► Goodbye mother, goodbye father: Student send-off may be harder for parents

The hour when Ariana Kramer will begin her college career is fast approaching — and her parents are in an office supply store, disagreeing about hanging files, of all things.

"She'll need them," her mother says.

"I don't think so," her dad counters.

Ariana, meanwhile, walks dreamily through the store, offering no opinion on this particular decision. She is, in fact, confident that she will have what she needs when she starts her freshman year at the University of Iowa.

She has mom, the family organizer, with her, and dad, the calm encourager. And they have "the list,"

"I'm supposed to shed a few tears and then send her to the world, right?"

ROBIN KRAMER

which mom printed from one of those "what-you'll-need-at-college" websites.

New laptop. Check.

Comforter with matching sheets. Check.

Laundry detergent. Body wash. Antacid.

Check. Check. Check.

Mind you, Robin and Paul Kramer aren't those crazy college parents — not like the mother who, as relayed by one dean of students at one California college, stayed in her

daughter's dorm room with her for four nights to help her adjust (until the daughter's roommate complained).

Nor have they ignored barricades intended to keep parents from trying to register for classes for their children, or crashed student-only orientation events, which officials at universities say happens more and more.

Still, even for average parents, the letting go is difficult — more so, they and many others say, than it was for parents of college-bound freshmen in decades past.

Robin Kramer recalls how her own parents, who never attended college,

dropped her off with a trunk full of belongings at Drake University, also in Iowa, in 1978. She set up her room and attended orientation without them there. "It's just what you did then," she says.

It was much the same for Paul, whose father took him to the University of Wisconsin in 1977 and then went fishing. "It was a culture shock," he says. "I wasn't sure I was going to survive."

Perhaps that is part of what makes this "process of leaving," as Robin calls it, more difficult.

It is, all at once, overwhelming and exciting for everyone involved.

THE ASSOCIATED PRESS



LOVE FINDS A WAY



How We Met:

Kevin & Eileen

Names: Kevin, 32, and Eileen, 30

Hometown: Toronto

Together since: 2004

Their story:

"I (Eileen) first saw Kevin while I was doing my undergrad at the University of Western Ontario. He would wait outside my economics class for an 'accidental' run in, but it never ended up happening. Then he found out that I was roommates with one of his friends from high school. He asked her if I was single — I was not. And then he discovered we were all go-

ing on vacation to Mexico for spring break. He tried to get invited — he was denied. He kinda became my friendly, neighbourhood stalker. We officially met in my third year of university (his fourth) at a party thrown by a mutual friend. I loved his sense of humour and I thought he was absolutely gorgeous, but I was dating someone else at the time. The timing was just off. Fast-forward three years to a friend's birthday party at a bar in Toronto. I spotted Kevin and he looked familiar to me, but I just couldn't place him. He knew a lot about me and I was embarrassed that I couldn't remember meeting him. He was charming and sweet and we (finally!) hit it off instantly. We were also both single and we began dating. Two years later, we got engaged and then married the following year."

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‘Your call is very important to us’

► We've all been there, the dreaded call centre ► Here are some tips to survive the ordeal

Benjamin Franklin would have hated telephone call centres. I can just see him drumming his fingers as he waited in the queue to talk to a utility, bank, discount broker or cellphone company muttering, “time is money.”

Ben's comment won't change the call centre culture but here are a couple of suggestions about how to get value from your wait.

• Make a list of the ques-

tions you want answered. The longer you wait the more likely you'll forget what you're waiting for.

• Wear earphones or use the speakerphone leaving your hands free to do something useful. This also eliminates telephone ear.

• File! Bills, statements, invoices. All that boring essential stuff.

• Answer emails. But take care as you can be distracted by music or a radio

loop on the line. Re-read emails carefully before you hit send.

• When you're connected to a real person, get their name or ID number and, if possible, a call back number in case you're disconnected.

• Don't waste time if you're getting nowhere, ask for a supervisor. They have a more authority to solve problems.

• Take notes. This is es-

sential and has saved my bacon several times. Recently I had a disagreement with a U.S. home security company. Based on my notes I was able to convince a supervisor to review their call tapes. I prevailed and saved a couple of hundred dollars.

• If the issue relates to a contested bill or incorrect service plan ask that the operator read back his or her notes. I did this with my In-

ternet provider and the notes bore little resemblance to our conversation.

• Make sure your battery is charged up. There is absolutely nothing worse than having a phone die after you've sat in a phone queue for ages.

• Don't lose your temper no matter what the provocation. Many companies al-

Wishful thinking

Things I'd like to see from call centres:

► After a wait more than ten minutes and you get \$10 deducted from your next bill. After 15 minutes it becomes \$20, etc.

low operators to end a conversation if the client becomes angry.



► Stuck listening to the looped call centre music?

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► Most campuses have a career centre that can help international students with their job search.

WORKING IN CANADA



ERIC EMIN WOOD
FOR METRO CANADA

International students hoping to finance their studies with part-time work have two options: Find a job on campus, or apply for an off-campus work permit.

Students are not eligible for the permit until they have completed six months of full-time studies and are in good academic standing, "meaning they are coping with their course loads," says Cheryl Gonsalves, an international student advisor with the University of Toronto.

The intent, she says, is to prepare students for culture shock — settling into a new education and social system.

However, international students who successfully register for more than six

months of full-time Canadian study receive a study permit, which allows them to work on campus.

"It is felt that within your own environment it's a lot easier to take some work on," Gonsalves says.

Most campuses have a career centre which can assist international students with their job search, help them write up a resume and look for job postings, she says.

"It's a great opportunity," says Michelle Suderman, associate director of international student development at the University of British Columbia.

Suderman notes that "on-campus" includes stores and restaurants on campus grounds, or research facilities and institutes affiliated with the school, such as hospitals.

Applying for a permit

- The application process for an off-campus work permit is the same across the country.
- Qualified students can visit cic.gc.ca/english/e-services/off-campus.asp, register with the government's "MyCIC" service, and apply online.

- Even with a work permit, students are not allowed to work more than 20 hours per week during the school year, to avoid compromising their studies.
- However, it's ideal for students who remain in Canada during the summer, when they may work full time (40 hours per week).
- Once registered, students may work anywhere in Canada.

STUDY SHOCK

 **RAF
BRUSILOW**
FOR METRO CANADA

The hardest part of being an international student sometimes isn't the grades at all, but rather the challenges that come from being in a new culture.

Michelle Suderman, associate director of international student development at the University of British Columbia says while the first few weeks in a new culture can be loads of fun as you discover new things and meet new people, once things settle down a hard reality can hit when you realize that enthusiasm alone isn't going to get you through your new challenges. The key is to stay positive and make an effort to expand your horizons constructively.

Going abroad

If you're studying in a new culture, here are a few things experts suggest to lessen your culture shock:

- Be social. Join clubs and groups with other people, particularly those who share your own interests. Making friends will help ease you into the culture more naturally and with less frustration.
- Make use of international student resources on campus. Most schools provide support services to help international students get and stay on their feet.



► The key to get through cultural challenges: Stay positive and expand your horizons.

Research indicates that when people are coming into a new culture they tend to have a honeymoon period, but then eventually they crash and start to miss those things which are familiar to them. Most people find that if they go beyond their comfort zone they actually emerge stronger for it," Suderman said.

Cheryl Gonsalves, an international student advisor at the University of Toronto, says international students can struggle with making new friends and encountering social customs which may be strange or counter to what they're used to.

"It's common to have trouble making friends or fitting in, which itself can create some level of culture shock so we encourage stu-

dents in their first month to do as much outreach and networking as possible. Try to be proactive and embrace the diversity around you," Gonsalves said.

Most importantly, realize that growing pains are part of the process and it's OK to revert to a safety net of familiar things every once in a while.

Tips for new students

For foreign students, Canada's culture can seem starkly different from back home. Here are a few things to remember:

Canada gets cold! "The weather can be a visceral experience for new students," Suderman said. Get someone local to help you shop for what may likely be your first real winter jacket or set

"It takes effort to bridge the gap between different cultures, it doesn't just happen overnight so we strongly encourage students to stay connected to things that help them remember who they are, whether it be a religious group, a sport or a particular pastime," Suderman said.

of boots.

The phrase, "Hi, how are you?" is more of a simple pleasantries than a real question, it's meant to show you are approachable. Similarly, "Let's meet for coffee sometime" is less about coffee, or even about getting together, as it is a polite parting phrase.

● **RAF BRUSILOW**

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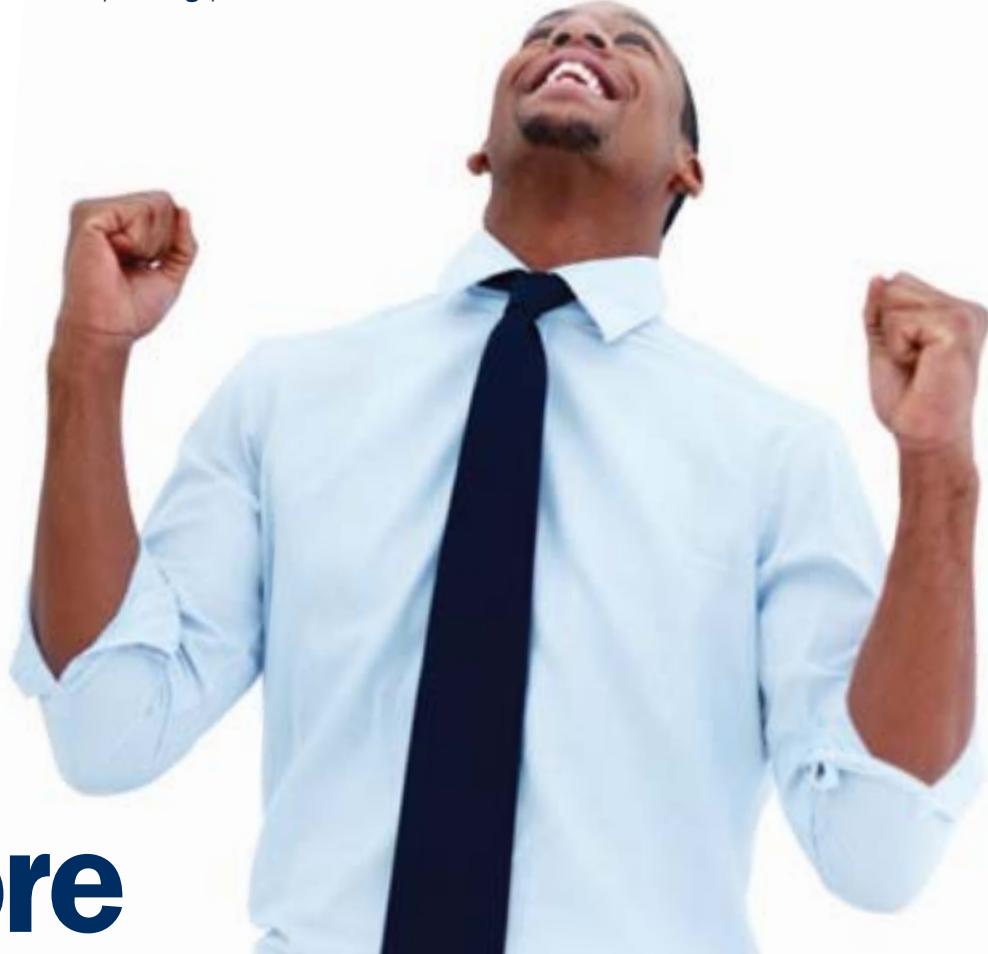
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Nature's sticky solution

► **Mussels more than just food or annoying pest, University of Alberta researcher finds**

 **YONATHAN SUMAMO**
FOR METRO CANADA

Small sea creatures that have often been overlooked by the medical and economic industry just became much more useful.

Dr. Hongbo Zeng, a chemical and materials en-

"Mussels have a very strong adhesive allowing them to hold onto almost any surface in water. That includes holding onto anything from rocks to human tissue, in either salt or fresh water."

DR. HONGBO ZENG

gineering researcher at the University of Alberta, has been studying the adhesion of mussels and their unique ability to cling to almost anything.

"Mussels have a very strong adhesive allowing them to hold onto almost any surface in water," he explained. "That includes holding onto anything from rocks to human tissue, in either salt or fresh water."

That got Zeng thinking about other possible applications for mussels. His current research is aimed at creating a synthetic material that is based on the mussels' adhesion process. The new material will be based on the chemical structure of the sea-creatures adhesive.

The new adhesive would be a great tool in



► University of Alberta researcher Dr. Hongbo Zeng, left, is studying mussels and their ability to cling to almost anything.

the surgery room, with the ability to replace standard stitches, he explained.

"If we can develop a biodegradable and non-toxic glue, it can replace conventional medical sutures," Zeng said.

But the possible use doesn't end there. Zeng added that from an economical aspect, the adhesive could still be used to seal cracks on materials

that are underwater, since the coating would be waterproof.

Zeng said that the U of A has been working closely with the University of California in Santa Barbara. He said that the proximity of the American university's campus to the ocean make them great partners in this international and interdisciplinary collaboration.



Mussel facts

► According to a New York Times article, Prince Edward Island provides about 80 per cent of North America's mussels.

► Mussels, a type of shellfish, are consumed as food around the world

► According to an article done by the University of Alberta, mussels can attach themselves to the hull of a ship in such great numbers; they can actually slow down the vessel down.

► Since mussels fall under the phylum of Mollusca, they are able to cultivate freshwater pearls.

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Homeless get helping hand

Local doctor hopes to make hospital visits a more rewarding experience for the less fortunate

 YONATHAN SUMAMO
LIFE@METRONEWS.CA

A new needs-assessment survey has been administered in the last few months at a local hospital to insure homeless people receive the necessary healthcare.

The innovative survey, spearheaded by Dr. Kathryn Dong, was piloted in the months of June and July at the Royal Alexandra Hospital's Emergency Department, or ED.

According to Dong, the survey is designed to gain a better understanding of the medical needs of people from Edmonton's inner city.

"With the survey results we hope to understand more about the

"I'd like the ED to be a more welcoming place for this group as well as offer additional services if this is what is desired."

DR. KATHRYN DONG

demographics of this group, have a better idea of the services they want to access from the ED and also find out how satisfied they are with the care that they receive," she said.

She explained that homeless people in the city face a number of barriers to getting the required health care and hopefully the new survey will help break down some of those barriers.

The ultimate goal to



► Dr. Kathryn Dong spearheaded a survey about the healthcare needs of the city's homeless population.

SUBMITTED PHOTO

closer look

► Based on the pilot study, about 10 to 15 per cent of all the people who came into the Royal Alex ED meet the inclusion criteria, which is unstably housed in the last six months and/or acute or chronic substance use related to ED presentation.

► In February of 2009, City Council endorsed a committee to tackle the problem of homelessness in the city by establishing the Edmonton Homelessness Commission. They have a 10-year plan to end the homeless problem in Edmonton.

► Studies pointed out by the Edmonton Homeless Commission mention research shows it is more cost-effective to help people in the inner city find sustainable living and provide them with their basic needs than it is to continue with the regular processes.

the survey, which asks questions such as their current living situation or if they use any drugs, is to maximize health outcomes for the targeted

group, Dong added. "If, for example, we find that this group feels that we do a terrible job of pain management we would work to fix this,"

she said. "Or if they wanted additional preventative services — immunizations, harm reduction supplies — we would advocate for this."

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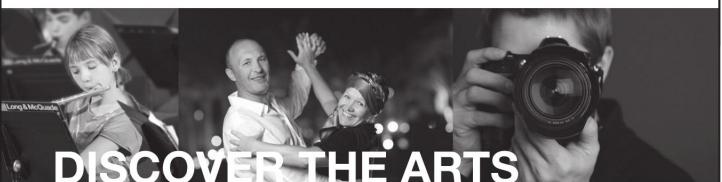
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Living in a material world

► University of Alberta study suggests sustainable living is more difficult to achieve in the suburbs

 **ANDREW COWIE**
LIFE@METRONEWS.CA

A recent University of Alberta study shows that it's not as easy to maintain a sustainable life in the suburbs.

The study compared the Edmonton neighbourhoods of Mill Creek and Terwillegar Towne to see the difference in material consumption between the two locations.

"I found out people who were in the suburbs had a harder time find(ing) other people who were into sustainability," said Emily Huddart Kennedy, a PhD student in environmental sociology.

Kennedy said a neighbourhood with more public meeting places like Mill Creek was much more prone to sustainable behaviour due to the com-

survey says ...

- Out of the 257 surveys taken in Terwillegar Towne, there wasn't a single one that did not own a motor vehicle.
- In Mill Creek, out of the 273 surveys taken, 42 did not own a motor vehicle.
- The average number of cars in Terwillegar Towne was 2.5 cars per household while Mill Creek citizens

munication of ideas. "People give you new ideas ... it reinforces that what you're doing is the right thing," said Kennedy.

Kennedy said another reason people in Terwillegar Towne consume more was based around their location and the necessity to drive.

on average had 1.5 cars per household.

► The most cars for one household was a Terwillegar Towne resident with six different vehicles.

► According to the latest Statistics Canada vehicle survey, Alberta has 2,827,480 vehicles, compared to British Columbia's 2,709,361 vehicles despite B.C. having almost a million more people.

"It's so far from the city, so not many people cycle," said Kennedy. "There was no difference in people's attitudes to the environment ... but there was a huge difference in methods of commute."

Kennedy said one of the easiest solutions to this is to create places where people can meet and greet



► Residents in the suburbs consume more than people in other neighbourhoods.

and discover like-minded people. "The people I talked to feel like their alone," said Kennedy. "It's really doesn't take much because people are interested in getting to know their neighbours."



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NANCY BURT
FOR METRO CANADA

One of my proudest achievements was receiving a Master of Arts degree in my 50s while working full-time in a stressful administrative position at Humber College.

As Humber started offering degree level programs a few years ago, I was strongly encouraged to get a post graduate credential — a daunting prospect for an already over-worked professional.

But I found it was not only possible, but stimulating and actually enjoyable by doing it online through Alberta's Athabasca University.

I did it over a few years, one course at a time, all year round. I loved my professors and virtual classmates — I still have friends I've never met in person — and I couldn't believe how much I learned.

It takes dedication and



SUBMITTED

► Nancy Burt completed her Master of Arts degree online at Athabasca University

a desire to succeed, but for me it was much easier than attending university classes at night.

Online learning is best through an institution that specializes in distance education because they make the coursework truly interactive and fun.

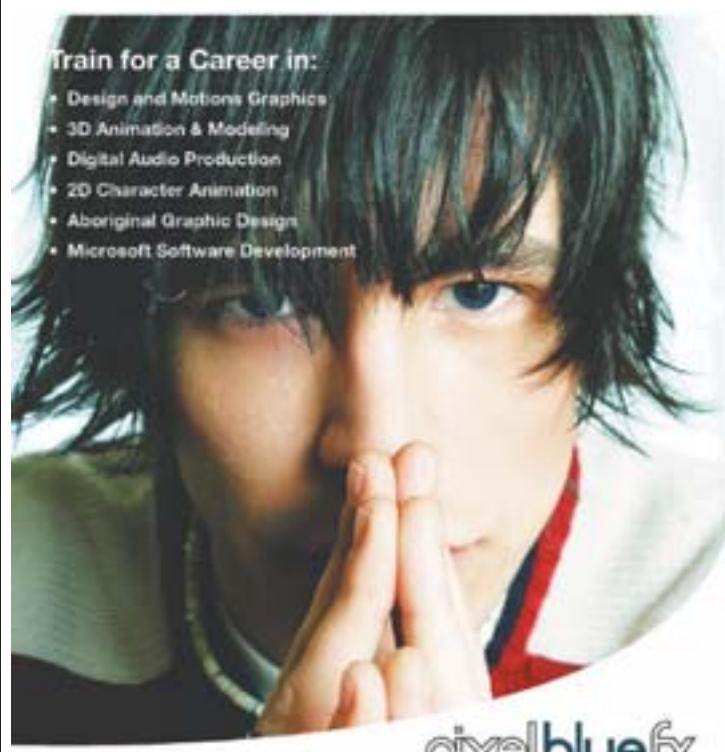
But be warned, it is

more rigorous than face-to-face learning because you write everything including class discussions, group work seminars, research essays, and that final major thesis project. It certainly helps if you like to write.

Would I recommend it? Absolutely!

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Top-seeded Woz on to the next one

► Wozniacki advances to women's quarter-finals ► Denmark native commits just 10 unforced errors compared to Sharapova's 36



► Caroline Wozniacki celebrates match point against Maria Sharapova yesterday at the U.S. Open.

Forehands, backhands, big serves. Caroline Wozniacki got almost everything back yesterday, frustrating Maria Sharapova in a 6-3, 6-4 victory to advance to the quarter-finals of the U.S. Open.

Top-seeded Wozniacki won the way she always does — by chasing down hundreds of balls and forcing the other player into making mistakes.

The 14th-seeded Sharapova, trying to return to the quarter-finals at Flushing Meadows for the first time since winning it all in 2006, fought for longer than any of Wozniacki's op-

ponents to this point. But as the pressure of Wozniacki's consistency built, the hard-hitting Russian went for even more, with limited results.

Sharapova wound up making 36 unforced errors. Wozniacki finished with 10 in what was, by far, her biggest challenge of the tournament thus far.

"I knew it wasn't going to be easy," said Wozniacki, who lost to Kim Clijsters in the final last year. "I got a lot of experience from last year, so it definitely helped me today."

Wozniacki improved to

18-1 since Wimbledon and stretched her winning streak to 12 matches. Through her first four U.S. Open matches, she has lost a total of 10 games. Maybe most impressive, though, is this stat: She's made 40 unforced errors, compared to 123 by her opponents.

In men's action, Roger Federer reached the quarter-finals at a 26th major in a row by beating No. 13 Jürgen Melzer of Austria 6-3, 7-6 (4), 6-3 in last night's final match.

He will take on No. 5 Robin Soderling in the quarter-finals.

THE ASSOCIATED PRESS

Quarter-finals

Next up, "Woz" plays 45th-ranked Dominika Cibulkova, who defeated No. 11 Svetlana Kuznetsova 7-5, 7-6 (4) earlier yesterday.

The other quarter-final on that side of the draw will be No. 31 Kaia Kanepi of Estonia against No. 7 Vera Zvonareva, who overwhelmed 38th-ranked Andrea Petkovic of Germany 6-1, 6-2 last night.

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Sports in brief

Texans sign Leinart: Agent

NFL. Matt Leinart has agreed to a one-year deal with the Houston Texans, according to agent Tom Condon. Leinart was cut by Arizona Saturday. Condon confirmed in a phone interview with The Associated Press yesterday that Leinart had reached a deal with the Texans.

Als' Spencer stabbed: Source

CFL. Montreal Alouettes linebacker Walter Spencer was taken to hospital early yesterday morning after being stabbed in bar. A CFL source who requested anonymity said Spencer got into an argument with another person when he was "attacked" and stabbed twice, once in the lung.

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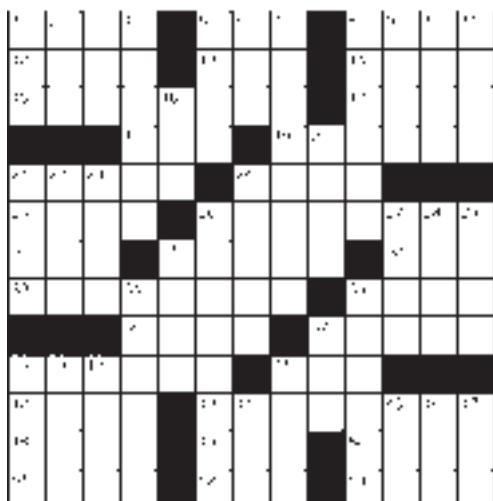
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Crossword

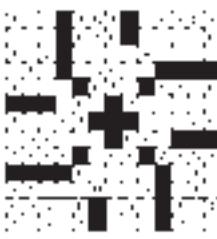
Across

1 Taj Mahal city
5 Pitch
8 Duel tool
12 Housetop
13 Spoon-bender Geller
14 MRI forerunner
15 Pent up
17 Gardening aid
18 Genetic abbr.
19 Bureau part
21 Frat party garb
24 Follow relentlessly
25 Partner in crime
26 Post-parade litter
30 Whopper
31 "Ulysses" author
32 Court
33 Meeting attendant
35 Deserve
36 Fat
37 Fools
38 Crazy
41 Matterhorn, e.g.
42 Adolescent
43 Colleague
48 Mountaineer's grip
49 Pair
50 Rainbow
51 Base runner's goal
52 D.C. VIP
53 "The Price Is Right" props
Down
1 Joan of —
2 Stickum
3 Harry Potter's



best friend
4 Public brawl
5 Albacore, e.g.
6 Exist
7 "Good —!" (welcome relief)
8 Breathe out
9 Ship's nose
10 Facility
11 Watchful one
16 Officeholders
20 Abundant
21 Body powder
22 Hodgepodge
23 Singer Campbell
24 Tampered (with)
26 Fixes typos
27 " — the night
before ..."
28 Rent
29 Charged bits
31 Billie — King
34 Projecting rim
35 Vivacious cleverness
37 TV alien
38 Pruritus
39 Infamous lyre player
40 Line of fashion?
41 Unsigned (Abbr.)
44 Have bills
45 Historic time
46 Predetermine the outcome
47 Ar follower

► Yesterday's answer



Today's horoscope



Aries March 21-April 20 You want to break free of habits and routines you know are holding you back, and what happens over the next few days will encourage you to be brave and change for the better.

Taurus April 21-May 21 You have everything going for you at the moment, so make the most of your opportunities while they are still there. Nothing stays the same forever, so get off your backside and be the change you want to see in the world.

Gemini May 22-June 21 Domestic matters need to be handled with care as the new week begins, not least because loved ones could be rather touchy over the next 24 hours.

Cancer June 22-July 22 If certain people are being less than supportive then maybe it's time you got some new friends. You don't have to stick with the same old crowd. You don't have to think you owe them anything.

Leo July 23-Aug. 23 Things will start to go your way again over the next few days and your confidence will quickly return to its natural high level. Even so, money matters need to be handled with care.

Virgo Aug. 24-Sept. 22 Don't take any notice of what others say and is not possible. Listen only to what your inner voice tells you. You can sense that something wonderful is going to happen this week.

Libra Sept. 23-Oct. 23 You seem to be under the impression that someone is out to get you and that you need to watch every step you take. It's more of an illusion than an impression and it's holding you back unnecessarily.

Scorpio Oct. 24-Nov. 22 A door that has been closed to you in the past is opening inch by inch and by midweek at the latest the gap should be big enough for you to walk through with ease.

Sagittarius Nov. 23-Dec. 21 People in positions of power will look kindly on you over the next few days, so be ready to take your chance and move up in the world, if that's what you desire.

Capricorn Dec. 22-Jan. 20 You have spent enough time helping others, now it is time to help yourself. The planets are very much on your side right now, so make your plans and make your move when the moon is new in midweek.

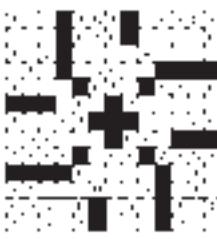
Aquarius Jan. 21-Feb. 18 Someone you have been in dispute with for quite some time is sending out signals that they want your feed to end. That's great, but it must be on the right terms.

Pisces Feb. 19-March 20 Cosmic activity in your opposite sign of Virgo may be making life a bit of an uphill struggle at the moment but things will improve dramatically over the next few days. **SALLY BROMPTON**

Sudoku

3			6			7		
	8	1		4	9			
4						6		
9	2				7	1		
		5		8				
8	3				2	5		
1						9		
	5	6		3	8			
7		4			1			

► Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

6	9	5	7	3	4	8	2	1
8	4	7	2	9	1	5	3	6
2	3	1	5	8	6	4	7	9
4	6	8	1	5	3	7	9	2
1	2	9	4	7	8	6	5	3
7	5	3	6	2	9	1	8	4
9	8	4	3	1	5	2	6	7
3	1	2	8	6	7	9	4	5
5	7	6	9	4	2	3	1	8

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PACITA: You are the most beautiful woman in the world and you complete me as a human being. I swear I'll love you forever, because you are the best thing that ever happened to me!
ETERNALLY YOURS, LIPE

Please don't go this time again. It will never be easy to do a life without you. I have learned so much from you. And I need you on my bed every night. I love you with all my heart Adrian
LOVE LAURA

Sly, these last few weeks together have been heavenly. You always know how to electrify me! Thank you for paddleling my boat.
XOXOXO, DEVON

Thank you for everything. Thank you for the special moment, September 3rd. No matter what I'll be there for you. Je t'aimerai toujours.
SNOOPY

A look at the weather

TODAY
Min 2°
Max 17°

WEDNESDAY
Min 4°
Max 16°

THURSDAY
Min 4°
Max 16°

Michele McDougall
Weather Specialist

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"Why drive when you can fly?"
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